

### SALT LAKE

#### **Alzheimer's Association**

*Assists and supports families and professionals coping with Alzheimer's disease or related disorders.*

**Phone:** 801-265-1944

**Location:** 845 E 4800 S, Ste 120, SLC

**Projects:** Event set-up, flyer distribution, some clerical work. Train to answer caregiver questions. Groups needed for events such as Alzheimer's Gala and Alzheimer's Memory Walk

**Group Size:** 10 or less

#### **American Diabetes Association**

*Prevent and cure diabetes and improve the lives of those with the disease.*

**Phone:** 801-363-3024

**Location:** 1245 E Brickyard Rd (3135 S), Ste 30, SLC

**Projects:** Special events, mailings, activities such as Step Out: Walk for Diabetes (Sept.) or Tour de Cure (June)

**Group Size:** 2 and up

#### **Arthritis Foundation**

*Educates the public about arthritis and management options.*

**Phone:** 801-536-0990

**Location:** 448 E 400 S, Ste 103, SLC

**Projects:** Help with Arthritis Walk, golf tournament, and dinner gala. Need exercise instructors and clerical support.

**Minimum Age:** 14

**Group Size:** 20 or less

#### **Boys and Girls Club of Greater Salt Lake**

*To inspire and enable the youth in our communities, especially those who need us most, to become caring and responsible individuals through guidance-oriented adult relationships and engagement in a variety of enriching activities within a safe environment.*

**Phone:** 801-484-0841

**Location:** Various

**Projects:** Tutoring, mentoring, cleaning, painting, landscaping, programming etc.

**Minimum Age:** 18

**Group Size:** Any size

#### **Cancer Wellness House**

*The mission of the Cancer Wellness House is to support people living with cancer and their families in a home like setting.*

**Phone:** 801-236-2294

**Location:** 59 S 1100 E, SLC

**Projects:** Office work, fund-raisers, yard projects, special events, general house cleaning

**Group Size:** 25 people or less

#### **Catholic Community Services**

*Provides basic needs for the most vulnerable in our community.*

**Phone:** 801-977-9119 [www.ccsutah.org](http://www.ccsutah.org)

**Location:** 745 E 300 S, SLC

**Projects:** Serve, clean, prepare and help organize food storage at dining room. Help sort and organize clothes and help clean day shelter. Organize donation drives for hygiene kits, baby layettes, cleaning & paper products & non-perishable food drives. Collect school supplies for refugee children. Set up apartments for refugee families from donations collected.

**Group Size:** 20 or less

#### **The Children's Center**

*Treatment of emotionally & behaviorally troubled preschool children and their families.*

**Phone:** 801-582-5534

**Location:** 1855 E. Medical Dr (50 N), SLC

**Projects:** Assist child therapists with day treatment groups. E-mail Penney at [penney@tccslc.org](mailto:penney@tccslc.org) for details.

**Minimum Age:** 13

**Group Size:** 20 or less

#### **Division of Juvenile Justice Services**

*Provides comprehensive services for at-risk youth within the framework of the Balanced and Restorative Justice Model.*

**Phone:** 801-284-0251

**Location:** 61 W 3900 S, SLC

**Projects:** Make birthday cards for clients and families, teach a skill or craft, help with Christmas and other holiday activities, conduct donation drives, maintain youth gardens

**Group Size:** 15-20

#### **Division of Youth Services**

*Provide children, youth, and families in crisis with immediate safety, shelter, and support.*

**Phone:** 801-269-7500

**Location:** 177 W Price Avenue (3610 S) SLC

**Projects:** Interact with youth, fundraising, maintenance, sort donations

**Minimum Age:** 12 for one-time opportunities, otherwise 18 with background check

**Group Size:** 25 or less

#### **Eagle Ranch Ministries**

*Meets the basic needs of people by providing food boxes, furniture, emergency shelter, and counseling.*

**Phone:** 801-254-4945 ext 2

**Location:** 500 S 600 W, SLC

**Projects:** Assist at the distribution center or feeding the hungry. Call for current project times and locations.

**Minimum Age:** Minors must be with an adult

**Group Size:** 12 or less

## Group Community Service Opportunities

### Family Support Center

*Prevents and treats child abuse and neglect.*

**Phone:** Midvale 801-255-6881, Sugar House 801-487-7778, West Valley 801-967-4259

**Location:** varies

**Projects:** Put together a take-home bag for kids; yard work, cleaning, and sorting; play with kids

**Minimum Age:** 18, 13 with adult supervision. background check required

**Group Size:** 2-30

### Globus Relief

*Gathers corporate surplus, then processes and distributes medical and other humanitarian supplies to charitable organizations serving the needy at home and abroad.*

**Phone:** 801-977-0444

**Location:** 1775 W 1500 S, SLC (Warehouse is not handicapped accessible)

**Projects:** Sort medical supplies, work in warehouse, help with donation drives, make kits

**Minimum Age:** Minors must be with an adult

**Group Size:** 5-200

### Salt Lake Valley Habitat for Humanity

*Salt Lake Valley Habitat for Humanity is a non-profit organization that seeks to help persons gain decent, affordable housing and strives to alleviate poverty in our community.*

**Phone:** 801-263-0136 ext.208

**Location:** 1276 S. 500 W., SLC

**Projects:** We accept groups to volunteer with us on our construction site helping us build houses for our partner families and at the ReStore to help us clean, organize, and arrange items throughout the store.

**Minimum Age:** 16 years old

**Group Size:** Construction – up to 15, Restore – no limit

### Head Start (SLCAP)

*Provides families with comprehensive preschool experiences.*

**Phone:** 801-977-1122

**Location:** varies

**Projects:** General maintenance at the 68 Head Start classrooms including, painting, clean up, and building ramps

**Group Size:** 6-7, up to 15-20

### International Rescue Committee (IRC)

*Assists newly arrived refugees through the resettlement process and provides services to refugees in the community as funding permits.*

**Phone:** 801-328-1091

**Location:** 1800 S West Temple, Ste 421, SLC

**Projects:** Organize storage units, deliver furniture to clients, participate in youth refugee events

**Minimum Age:** 10

**Group Size:** Up to 50 with advanced planning

### Jewish Family Services

*We strengthen individuals and families and educate communities through counseling, care management and community education.*

**Phone:** 801-746-4334

**Location:** 1111 E. Brickyard Road Suite 102

**Projects:** Friendly visiting with a senior adult in the community, assisting a senior with errands such as grocery shopping. Also, opportunities within our food pantry including food drives, sorting, distributing to partner organizations and bagging.

**Minimum Age:** 18

### LifePath Hospice and Family Care

*Help care for patients diagnosed with advanced illnesses and their families.*

**Phone:** 801-293-0444

**Location:** 5801 S Fashion Blvd, Ste 200, SLC

**Projects:** Yard work

**Group Size:** 10 or less

### Literacy Action Center

*Provides free, effective, and confidential literacy training.*

**Phone:** 801-265-9081

**Location:** 3595 S Main St, SLC

**Projects:** Prepare meals, special events, write stories, conduct donation drives

**Minimum Age:** Minors must be with an adult

**Group Size:** 2-8

### March of Dimes- Teddy Bear Den

*A prenatal incentive program for low-income pregnant women.*

**Phone:** 801-746-5540

**Location:** 4745 S 3200 W, Taylorsville

**Projects:** Help low-income clients redeem points for incentive items at the Teddy Bear Den, collect donations of infant clothing and care items by organizing a donation drive or planning a community baby shower

**Minimum Age:** 16 for boutique, none for donations or baby showers

**Group Size:** Call for more information

### Multi-Ethnic Senior Citizen High-Rise

*A housing community for seniors.*

**Phone:** 801-328-2090

**Location:** 120 S 200 W, SLC

**Projects:** Visit seniors, plan activities like birthday parties and bingo, help with exercise and art classes

**Minimum Age:** 15

**Group Size:** 15 or less

### National Multiple Sclerosis Society, Utah-Southern Idaho Chapter

*We mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS.*

**Phone:** 801-424-0112

**Location:** 6364 S. Highland Dr. Ste 101

**Projects:** Fundraising events (walk MS, Bike MS), programs and services, administration

**Minimum Age:** 16 alone, under 16 with adult

### Neighborhood House

*To provide quality, affordable day care and services to children and frail adults, based on their ability to pay.*

**Phone:** 801-363-4589

**Location:** 1050 west 500 south

16 years and older can volunteer

**Projects:** Help with tutoring, art activities, family events, outside/inside recreation, cooking experiences, read one on one with the children, light maintenance around the building, field trips, interacting with children etc. Volunteers can come with a project and bring it with them.

**Minimum Age:** 16, younger with adult

**Group Size:** Any size

## Group Community Service Opportunities

### No More Homeless Pets in Utah

*Coalition of rescue groups, shelters and veterinarians working together to end the euthanasia of homeless dogs and cats.*

**Phone:** 801-364-0370 ext 27

**Location:** 324 S 400 W, Ste C, SLC

**Projects:** Adoption event set-up, supply drives, fund-raisers, work with animals

**Group Size:** Call for more info

### Red Butte Garden

*Cultivates the human connection to the beauty of living landscapes.*

**Phone:** 801-585-5688

**Location:** 300 Wakara Way, SLC

**Projects:** Assist out Horticulture staff with large garden projects such as planting, pruning, weeding, etc.

**Minimum age:** 15

**Group Size:** up to 100

### The Road Home

*Provides support and shelter for overcoming homelessness.*

**Phone:** 801-819-7298

**Location:** 210 S Rio Grande St (455 W), SLC

**Projects:** Go to [www.theroadhome.org](http://www.theroadhome.org) or e-mail [afarmer@theroadhome.org](mailto:afarmer@theroadhome.org).

**Group size:** Call for info

### Ronald McDonald House Charities® of the Intermountain Area, Inc.

*Ronald McDonald House Charities of the Intermountain Area provides a temporary home-away-from-home that serves and sustains families of seriously ill children receiving treatment at area hospitals, as well as providing support to other programs that assist children in our community.*

**Phone:** 801-363-4663

**Location:** 935 E South Temple, SLC

**Projects:** Prepare meals for up to 40 people. Must provide food. Kitchen and cookware provided. Cleaning in groups of 2-5 for up to 3 hours. Cleaning supplies provided, but donations are welcome.

**Minimum Age:** 16, none with parent or guardian supervision

**Group Size:** 10 or less

### Salt Lake American Muslim

*Provides free social services to refugees living in Salt Lake County through their own community leaders and funded through grants.*

**Phone:** 801-671-6709

**Projects:** Basic help with operating the office, filing and computers. Advanced help with organizational development including grant writing and management.

**Minimum Age:** 16

**Group Size:** 4 or less

### Salt Lake Valley Habitat for Humanity

*Salt Lake Valley Habitat for Humanity is a non-profit organization that seeks to help persons gain decent, affordable housing and strives to alleviate poverty in our community.*

**Phone:** 801-263-0136 Ext. 208

**Location:** 1276 S 500 W, SLC

**Projects:** We accept groups to volunteer with us on our construction site helping us build houses for our partner families and at the ReStore to help us clean, organize and arrange items throughout the store.

**Minimum Age:** 16

**Group Size:** 50 or less

### South Valley Sanctuary

*Provides emergency shelter and protective services to victims of domestic violence and their dependents.*

**Phone:** 801-255-1095 ext 8

**Projects:** Help with special events, donation drives, painting, decorating

**Minimum age:** 16 or none with adult. Adults must have background check.

**Group Size:** 40 or less.

### Tracy Aviary

*Tracy Aviary fosters caring for the natural world, enriching and transforming lives through our connection with birds.*

**Phone:** 801-596-8500

**Location:** 589 E 1300 S, SLC

**Projects:** TAILS cart and site interpretation, bird enrichment and observation, botanical enrichment team, community service, bird show, scout badge workshops, spring or summer youth camps.

**Minimum Age:** varies with project

**Group Size:** Call for more info

### Tree Utah

*Improves the quality of life for present and future generations through tree planting.*

**Phone:** 801-364-2122

**Location:** Various

**Projects:** Planting and watering plants, and maintaining outdoor planting sites

**Minimum Age:** 16 alone, none with parent/guardian

**Group Size:** 150 or less (spring thru fall)

### Utah Aids Foundation

*Dedicated to preventing the spread of HIV and ensuring compassionate services to those impacted by AIDS.*

**Phone:** 801-487-2323

**Location:** 1408 S 1100 E, SLC

**Projects:** Clerical, meal delivery, food pantry. Train to be an HIV prevention counselor.

**Minimum Age:** 16 alone, 14 with adult

**Group Size:** 20 or less

### Utah Association for Intellectual Disabilities (UAID)

*Dedicated to supporting Utah individuals with intellectual disabilities and their families.*

**Phone:** 801-654-8449, 801-637-4295

**Location:** 1453 S Major Street, SLC

**Projects:** Holiday Gift Box or got to [www.uidutah.org](http://www.uidutah.org).

**Group Size:** Call for more info

### Utah Food Bank

*Provides food for those in need by developing resources and procedures for the effective collection, storage, and distribution of food.*

**Phone:** 801-887-1234

**Location:** 3150 S 900 W, SLC

**Projects:** Inspect and sort food, start food drives, decorate food boxes

**Minimum Age:** Depends on opportunity. Minors must be with an adult.

**Group Size:** 60 for food sorting (special arrangements can be made for larger groups). 100+ for food box delivery. Larger groups will be split into smaller teams for deliveries

## Group Community Service Opportunities

### Utah G.A.R.D.E.N.S. Inc.

*Dedicated to enhancing communities and participants through developing, installing, and maintaining sustainable community gardens and greening projects.*

**Phone:** 801-548-7953 or 801-401-8868

**Locations:** Various

**Projects:** Help plant and cultivate a community garden and assist with garden projects

**Group size:** Any size, need very large groups

### YWCA

*Dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all*

**Phone:** 801-537-8601

**Location:** 322 E 300 S, SLC

**Projects:** Help is needed in Betty's Boutique and the Women and Children in Jeopardy program. Yard work, painting, donation drives, assisting kitchen staff in meal preparation including cooking and cleanup and holiday projects such as

Candy Cane Corner holiday store are also available. E-mail [cshifflett@ywca.com](mailto:cshifflett@ywca.com) for details.

**Minimum Age:** 18, 13-17 with supervision

**Group Size:** 20 or less

### DAVIS

#### Davis County Senior Services

*To Maintain and improve the quality of life for seniors in our county.*

**Phone:** 801-525-5087

**Location:** 22 S State Street, Clearfield

**Projects:** Friendly visiting, yard work/snow removal, handyman repairs, help in senior activity centers, ombudsman program, serve on Senior Services Advisory Board, help with Medicare Patrol Program and other senior related programs.

**Minimum Age:** Minors with adult

**Group Size:** Depends on opportunity

Please note the following:

- Many agencies have specific guidelines and may not accept individuals who do not meet an age requirement or hold violation charges that may pose a threat to the agency and their clients.
- Many agencies require advance scheduling and may turn you away if you do not give sufficient notification.
- You can always check with your local churches, government agencies, care/hospice centers, parks and recreation facilities, and schools for more opportunities.

Last update: February 2011